

RECLAIMING CALM — "SMALL SHIFTS, BIG GAINS"

Focus: Use consistent habits to create calm
and reduce overwhelm.

Step 1: Breathing Exercise

Try this simple diaphragmatic breathing practice:

1. Inhale deeply through your nose for 4 counts.
2. Hold your breath for 4 counts.
3. Exhale slowly through your mouth for 6 counts.
4. Repeat this cycle 5 times.

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REFLECT AND WRITE YOUR ANSWERS TO THE
FOLLOWING QUESTIONS ON THE NEXT PAGE:

Step 3: Plan for Calm

What small moments in your day can you dedicate
to breathing or calming practices?

Write down one specific time or situation where
you'll

commit to practicing this exercise tomorrow.

**"Small moments of calm can reshape
how your brain responds to stress."**

12 WEEK TRANSFORMATIONAL PROGRAM



Unlock your potential with our 12-week transformational program.

Each week focuses on guiding you to dive deep and
discover unique personal insights.

Space is limited to ensure an intimate and impactful experience.

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